

Yoga Retreat with Horseriding or Hiking: Wellness for your Soul in Sierra de Grazalema Nature Park, Andalusia



Your lovely hotel with only 10 rooms and a lovingly integrated infinity pool is located in the centre of the Sierra de Grazalema Nature Park with its stunning landscape of limestone mountains and cork oaks. Breakfast, lunch package and dinner are included in the price, and vegetarian or vegan options can be catered for.

The horses are roaming free on the 6 hectar land of the property, and are friendly and gentle hearted Spanish partbred horses, easy to ride with only few aids. Nevertheless, you should have ridden in walk, trot and canter before, to be able to fully enjoy the horse riding tours of 2 and 4 hours. Our Hiking options are suitable for anyone with normal physical condition.



The yoga classes are suitable for all levels, but generally address (advanced) beginners. The yoga style is Hatha Yoga with elements from Vinyasa and Kundalini. All necessary instructions will be given, and yoga mats are provided.



Sample schedule

<p>Monday: arrival at Tambor del Llano from 3 pm, walk over the property with presentation of installations, team and program Dinner 7.30 pm</p>	<p>Tuesday + Thursday: 8 am yoga, 9.30 am breakfast, 10.30 guided horse ride 2 and 4 hours or hike 2 hours, 2 pm lunch break, 6 pm yoga, 7.30 pm dinner</p>
<p>Wednesday: 8 am yoga, 9.30 am breakfast, horse riders day off to relax, hikers 10.30 visit to Grazalema, 1.30 pm lunch break, 6 pm yoga, 7.30 pm dinner</p>	<p>Friday: 8 am yoga, 9.30 breakfast, 12pm checkout and departure</p>

Dates 2024/2025: 23-27 sept. (+40€) / 20-24 oct. / 11-15 nov. / 1-5 dec. / 20-24 jan / 10-14 feb. / 3-7 + 24-28 mar. / 2-6 jun / others from 4 persons . **Price: 675,- euros per person in shared twin room.** Minimum 2 persons. What's included/excluded:

<ul style="list-style-type: none"> ✓ 4 nights in shared twin room in Hotel Tambor del Llano ✓ 4 breakfasts / dinners, 3 lunch packages ✓ 6 yoga classes (generally in English) ✓ 2 horse rides of 2 and 4 hours, or 3 guided hikes of aprox.2h 	<ul style="list-style-type: none"> ✗ Arrival to the hotel ✗ Insurance *all organizers have their obligatory legal liability and accident insurance, but make sure you have your own as they might not cover all cases ✗ Horse riding equipment (Riding hats are provided!)
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For booking and more information: connycaballos@gmail.com or WhatsApp +34 610 505925 Conny (español, english, deutsch)